

ANY TIME INSPIRATION FOR SURVIVORS



## *Introduction*

This is another companion book to *Finding Purpose after Abuse*. The content has been reprinted from the book with minor additions and modifications. It serves the busy individual.

Since writing, editing and updating the latest version of the book, I found myself reading the sidebars, nuggets and poetry for inspiration. It worked! Many of the words I heard from the Lord have become my reality. So I thought sharing with others would prove beneficial.

The struggles and challenges we face in our daily lives, be it family, friends, co-workers or others, can fade away as we refresh our weary soul. When unkind words come from unexpected people, we need reminders from our Heavenly Father.

The original book was intended to help abuse survivors at any level. Each section follows in order of the latest version of the book. With only prayer nuggets, poetry, affirmations and scripture verses, I believe this one will uplift any soul.

Let *Any Time Inspiration for Survivors* refresh your spirit whenever you need a spiritual pick-me-up. It requires little time but has the ability to encourage any reader, any time.

Remember, you are a beautiful rose in God's garden of life! Blessings to you!





## *Prayer Nuggets*

† *Lord, open my eyes to the father of lies.*

† *Lord, open my ears to hear  
Your spirit and truth.*

† *Lord, eradicate pain and hurt as I surrender  
to You. Transform my heart and soul  
with Your love and truth.*

† *Spirit of fear, you are powerless over my soul.  
I am covered by the Blood of Jesus.  
I live by faith and belong to God,  
so loose me now!  
You are forbidden from crossing  
the line of Blood.  
In Jesus' Mighty Name.*



*Deliver me, O Lord, from the evil man;  
preserve me from the violent man;  
- Psalm 140:1*